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Governor

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**MARTIN COUNTY HEALTH DEPARTMENT**

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*For Immediate Release*

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## **“HAPPY, HEALTHY HEART”**

Helping kids connect good nutrition with heart health

Teaching children early on about the link between good nutrition and good health is the key to lifelong wellness.

Marybeth Peña, RN, School Health Nurse with the Martin County Health Department will present "Happy, Healthy Heart", a fun interactive program where elementary school age children and their parents can learn about the food pyramid and ideas for delicious and nutritious meals.

Peña will be joined by special guest, “Chef Jacques” for a morning of fun and education.

The program was made possible with support from the Children's Services Council of Martin County and Women Supporting the Arts.

### **"Happy, Healthy Heart"**

Date: Saturday, February 13, 2010

Place: The Hoke Library, Jensen Beach

Time: 10:30 am – 11:30 am

The program is free, call 463-2870 to register



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